



Module 1

Ethnic disparities in CVD morbidity and mortality

In New Zealand, it is important to look at cardiovascular health inequity for Māori and Pacific peoples when compared with non-Māori and non-Pacific peoples; inequity is found to exist across many areas:^{9,10}

- deaths from CVD – excess mortality among Māori and Pacific peoples
- timing of deaths – premature deaths and life-years lost
- dispensing of preventive CVD medication – the low proportion of Māori peoples dispensed preventive CVD medicines
- timing of preventive medication dispensing – many Māori and Pacific peoples are being started too late
- rates of continuation of preventive medication – barriers in access to medicines can impact Māori and Pacific peoples, including cost and access to healthcare (and younger patients disproportionately so), thus reducing preventive medication use
- type 2 diabetes with CVD – comorbidity prevalence is much higher in Māori and Pacific peoples
- hospitalisation rates for a CVD-related event – a greater proportion of Māori and Pacific peoples are hospitalised with the sequelae of CVD
- evidence of using preventive medication at the time of hospitalisation for a CVD-related event, and/or at time of death due to CVD-related event – a lower proportion of Māori and Pacific peoples are found to be on preventive medication.

The National Heart Foundation makes a case for there being an urgent need for a more coordinated and purposeful heart health system that prioritises those most affected. In its 2020 white paper “Improving heart health outcomes for New Zealand” it recommends a national heart health action plan that focuses on five key areas.⁵

*“Even though New Zealand has world-class tools for detecting, treating and managing heart disease, they are not reaching everyone who needs them”
– National Heart Foundation.⁵*

Resource

1. The National Heart Foundation of New Zealand. White Paper: Improving heart health outcomes for New Zealand.⁵
www.heartfoundation.org.nz/about-us/news/media-releases/urgent-call-for-a-co-ordinated-national-heart-health-action-plan

References are available with the online article

Module 1: Activity	Learning notes	Reflections on practice
<p>Read the Heart Foundation white paper and:</p> <ul style="list-style-type: none">• identify the five key areas and consider the potential your role has to affect the outcome of each• consider whether the ethnic disparities in outcomes are explained solely by deprivation.	<p>Write your notes here (editable text box)</p>	<p>Write your notes here (editable text box)</p>